

Monday

Choose one or more of the following activities to complete today. You may wish to complete them with a sibling or family member.

1. Yoga Class

Minecraft Yoga

<https://youtu.be/02E1468SdHg>

2. Mindfulness Activity

At The Beach

<https://youtu.be/K4DUoJ22r4Y>

3. Wellbeing Challenge

Random Acts of Kindness

See can you do three kind things today for someone at home. You could help Mam or Dad setting the table, you could help your little brother or sister with their work or you could give someone a big hug and tell them how great they are.